

2009

RCADC NEWS

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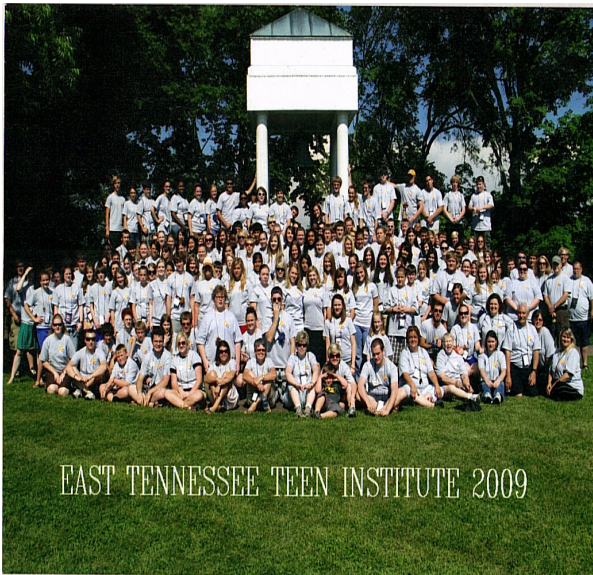
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Partnership for Success

The Substance Abuse and Mental Health Services Administration (SAMHSA) awarded \$46 million over five years in Partnerships for Success: State and Community Prevention Performance grants. This program is designed to help states in the states and U.S. territories reduce state-wide substance abuse rates by addressing gaps in their current prevention services and increasing their ability to reach out to specific populations or geographic areas with serious, emerging substance abuse problems. The grants aim to reach out to specific populations or geographic areas with serious, emerging substance abuse problems. The grants aim to achieve a quantifiable decline in state-wide substance abuse rates by incorporating a strong incentive to grantees that have met or exceeded their prevention services to address areas of greatest need. The key to the SPF program is that it offers monetary incentives in the form of program expansion supplements to the grantees that succeed in achieving critical performance outcomes by the end of the third year of the five-year program. “These grants will help provide essential substance abuse prevention services to people and communities that might otherwise not get them,” said SAMHSA Acting Administrator Eric Broderick, D.D.S., M.P.H. “Partnerships for Success also provides these services in ways offering measurable results and opportunities for developing more effective prevention strategies.

SAMHSA is awarding approximately four grants of up to \$2.3 million per grantee annually for up to five years. The actual award amounts may vary, depending on the availability of funds and the performance of the grantee. The grants will be administered by SAMHSA’s Center for Substance Abuse Prevention (CSAP). Tennessee is one of four grantees to receive this award.

The Tennessee Department of Mental Health and Developmental Disabilities, Division of Alcohol and Drug Abuse Services (DA-DAS) will use its Partnerships for Success funds to reduce alcohol binge drinking among the state’s 14-25 year olds. Tennessee’s Partnership for Success Project has a goal of reversing the state’s upward trend in binge drinking by decreasing the total number of 14-25 year olds who engage in binge drinking within any 20-day period by 4.3 percent over the five-year grant period. The Roane County Anti-Drug Coalition will be participating in this project. For additional information about SAMHSA grants go to <http://www.samhsa.gov/grants/>.



East Tennessee Teen Institute

The Tennessee Teen Institutes are based on the belief that empowering the youth of Tennessee to lead by example and take a proactive role in bringing about positive changes will give them the power to impact their peers. The East Tennessee Teen Institute (ETTI) provides Tennessee teens with the education, leadership skills, and a network of support to address Alcohol, Tobacco and Other Drugs (ATOD) and related issues through prevention initiatives in their schools and communities.

During the first week of June the Roane County Anti-Drug Coalition sponsored 12 students from Roane County’s P3 (Positive Peer Pressure) clubs to attend ETTI at Hiwassee College. The Students worked on leadership and team building and also learned about drug and alcohol issues in their county and surrounding counties. The 12 students worked on a Team Action Plan (TAP) to focus on these issues and how they plan to address the issues within their schools and the community during the upcoming school year.

What's New

The Roane County Anti-Drug Coalition is in the process of forming a Campus/Community Coalition with Roane State Community College and Community Anti-Drug Coalitions Across Tennessee (CADCAT). The Campus/Community Coalition will build on campus efforts to reduce and prevent alcohol and drug use and/or abuse. This project is funded by the Tennessee Department of Transportation Governor's Highway Safety Office. Twelve campuses in Tennessee applied for funding, but only three were chosen. Roane State was chosen because of the capacity of RCADC and the willingness of Roane State Community College to participate.

The goals of this program are to draw statewide attention to the need for resources dedicated to assisting campuses to improve the effectiveness of alcohol and other drug prevention planning and to reduce high risk drinking on college campuses and improve life outcomes for students.

According to the Department of Education, high risk drinking is defined as, "those situations that may involve but not limited to: binge drinking (commonly defined as five or more drinks on any occasion); underage drinking, drinking and driving; situations when ones condition is already impaired by another cause; such as depression or emotional stress; and combining alcohol and medications, such as tranquilizers, sedatives and antihistamines."

If you would like to learn more about this project or would like to volunteer to help, please contact RCADC staff.



The Tennessee Strategic Planning Framework-State Incentive Grant (TN SPF-SIG) project is funded by the Substance Abuse and Mental Health Services Administration (SAMHSA). SAMHSA's five step Strategic Prevention Framework (SPF) identifies and selects evidence-based interventions that address local needs, reduce substance abuse -related problems in communities, and build prevention capacity and infrastructure at the State and community levels. Under the SPF State Incentive Grant, prevention planners are required to select and implement evidence-based interventions.

RCADC recently received notification that we have been awarded an additional year of SPF-SIG funding. Three evidence-based strategies have been chosen for implementation in Roane County:

- 1.) County-wide compliance checks conducted by local law enforcement agencies on a quarterly basis.
- 2) Responsible Beverage Service training will be offered to establishments selling alcohol in Roane County.
- 3.) Awareness campaign focused on the potential consequences of providing alcohol to underage youth.

Rx for Prevention

What's the problem?

You can influence your teen's behavior

Despite the peer pressure and media influences that teens face every day, parents are the most important influence when it comes to keeping their kids drug-free. To effectively safeguard your kids from drugs, parents can monitor teens by keeping track of their activities, monitoring their use of technology (including Web site histories, text messages, and call logs) and paying attention to new or changing lifestyle patterns to remain in-the-know about what's going on in their lives.

What can you do? Follow these tips to help reduce the risk of teen prescription drug abuse:

1. Safeguard all drugs at home. Monitor quantities and control access.
2. Set clear rules for teens about all drug use, including not sharing medicine and always following the medical provider's advice and dosages.
3. Be a good role model by following these same rules with your own medicines.
4. Properly dispose of old or unneeded medicines.
5. Ask friends and family to safeguard their prescription drugs as well.

According to the 2008 National Survey on Drug Use and Health conducted by the Substance Abuse and Mental Health Services Administration [SAMHSA], prescription and OTC drug abuse is addictive. Between 1995 and 2005, treatment admissions for prescription painkillers increased more than 300 percent.

Teens are abusing some prescription and over-the-counter drugs to get high. This includes painkillers, such as those drugs prescribed after surgery; depressants, such as sleeping pills or anti-anxiety drugs; and stimulants, such as those drugs prescribed for attention deficit hyperactivity disorder (ADHD). Teens are also abusing over-the-counter drugs, such as cough and cold remedies.

Every day 2,500 youth age 12 to 17 abuse a pain reliever for the very first time. More teens abuse prescription drugs than any illicit drug except marijuana. In 2008, more than 2.1 million teens ages 12 to 17 reported abusing prescription drugs. Among 12- and 13-year-olds, prescription drugs are the drug of choice.

WWW.ANTIDRUG.ORG

Rx for Prevention

Why Teens Abuse Prescription and OTC Drugs

Teens report many reasons for abusing prescription and over-the-counter drugs. Like with street drugs, prescription and OTC drugs are often abused by teens to get high. This might be to party, to escape reality, to experiment, or to relieve boredom.

But teens also say there are other reasons to abuse prescription drugs, beyond just getting high:

Some teens say they abuse these drugs to help them cope, such as to manage stress, depression, or anxiety, or to help them relax.

Teens also report abusing prescription drugs to help them deal with pressures. For example, some teens say they abuse stimulants to help them do better in school by increasing alertness or concentration. Others report abusing stimulants to help control their weight.

Teens also report they are abusing these drugs to self-medicate, in order to do things like relieve pain or sleep better.

These Days, It's not just PB&J Sandwiches that Kids are Trading — One in Five Teens Share Their Prescription Drugs with Friends (Join Together, 8/24/09).

A survey of 12- to 17-year-olds in the U.S. has found that about 20 percent said they have given their prescription drugs like OxyContin and Darvocet to friends or obtained drugs the same way.

Allergy drugs, narcotic pain relievers, antibiotics, acne medications, antidepressants, and anti-anxiety medications were the most commonly shared.

Three-quarters of those who borrowed drugs from friends said they did so in lieu of visiting a doctor.

About one-third of those who borrowed medications said they had experienced an allergic reaction or other negative side-effects as a result.

Calendar of Events

Kingston Christmas Parade -
November 30th

Harriman Christmas Parade -
December 3rd

Oliver Springs Christmas Parade -
December 5th

Rockwood Christmas Parade -
December 7th

RCADC Meeting - December 9th



Answers: Across: 3. temperature 4. coldturkey 9. nervous 10. infants 13. oxygen 14. paranoia 18. blackout 19. ecstasy Down: 1. hallucinations 2. ritalin 3. the 5. arrest 6. insomnia 7. money 8. flashback 11. glue 12. collapse 15. addicted 16. ketamine 17. bugs

Did You Know?

Dangers of Abusing Rx Drugs

Increases in blood pressure or heart rate
Damages brain and other organs
Overdose/poisonings
Physical dependence
Addiction
Disruption in breathing (respiratory depression)
Seizures
Death
Risks associated with mixing multiple drugs or combining with alcohol

Who Can Make A Difference?

Parents
Grandparents
Teachers
Coaches
School administrators
Guidance counselors
School nurses
School resource officers
Community-based healthcare professionals - including prescribers, pharmacists, nurses

Where Teens Find Prescription Drugs

Friends and the family medicine cabinet are the major sources of these drugs. More than seventy percent of people who abuse prescription painkillers say they get them from family or friends. Others may abuse their own prescription medicine. Teens also report that these drugs are not hard to find. About 40 percent of 12th graders say that painkillers are fairly or very easy to get, and more than half say the same of stimulants. (www.talkaboutrx.org)

Where should you look to make sure prescription drugs are not readily available?

At Home: A teen may scout his own home first if he's looking to get high from prescription or over-the-counter drugs.

With Friends: Talk with the parents in other households your teen has access to about safeguarding medications

With Relatives: Grandparents may be another source of prescription drugs for teens. In fact, 10 percent of teens say they took drugs from friends or relatives without asking.



1 in 5 teens have abused Rx drugs.

1 in 3 teens report there is "nothing wrong" when using Rx drugs "every once and a while."

1 in 3 teens report knowing someone who abuses Rx drugs.

Every day almost 2,500 teens abuse a prescription drug for the first time.

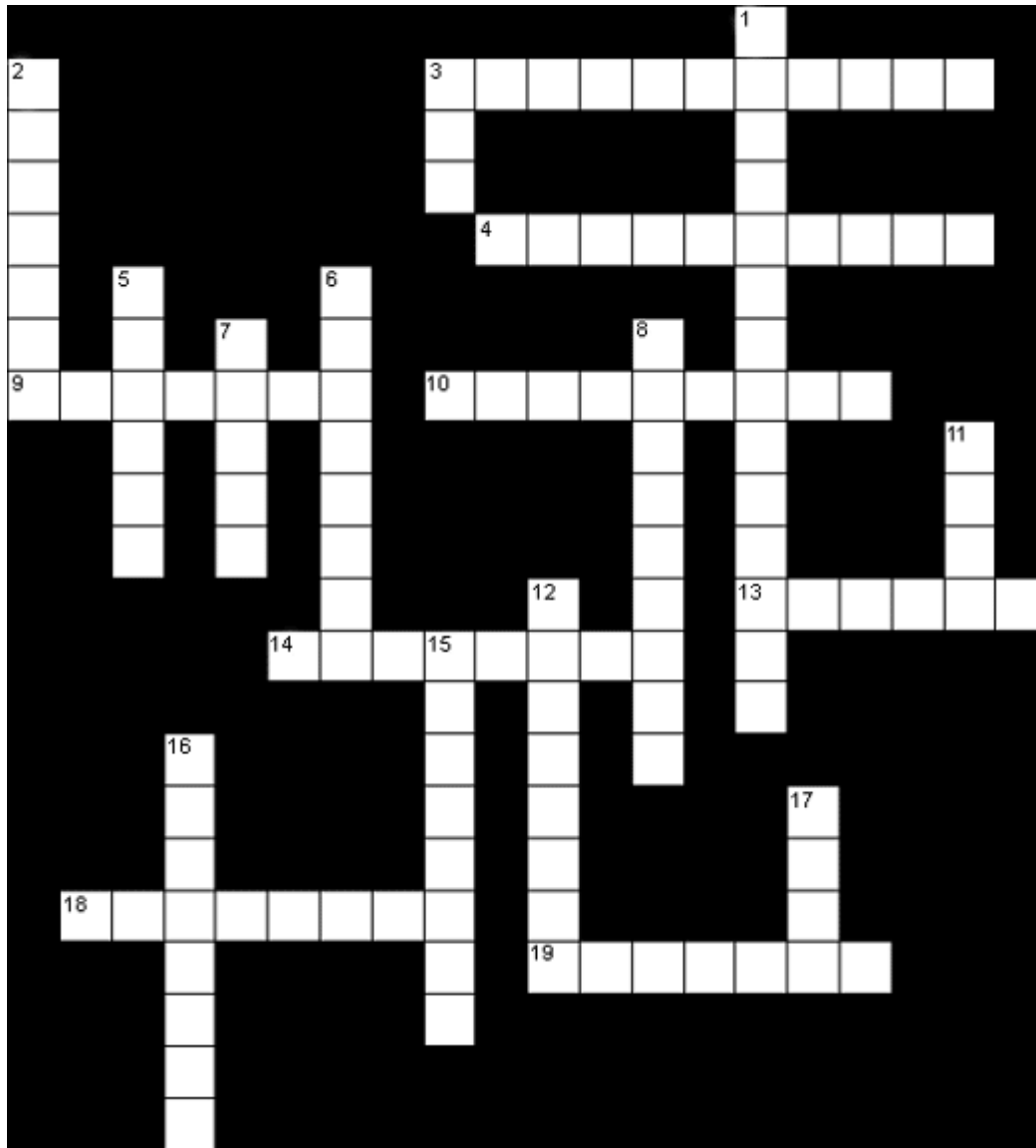
Rx drugs are abused more than cocaine, heroin, ecstasy and methamphetamine combined.

Just For Fun

Batling Peer Pressure

While the pressures teens deal with today are very different from those you may have faced, parents can still be a part of the solution. Talk to your kids, listen to their point-of-view, and offer tips on managing everyday pressures. Teenage girls can be especially vulnerable to peer pressure, as they are more subject to low self-esteem and body-image issues. Maximize your time together to help teach healthy habits and learn “What Parents Can Do” to combat these pressures.

www.theantidrug.com



http://pbskids.org/itsmylife Copyright © 2005 CastleWorks, Inc. All rights reserved.

Across

3. Many club drugs can cause hyperthermia, a sharp increase in body _____.
4. What many people eat on the day after Thanksgiving, or when an addict tries to suddenly stop using a drug (2 words).
9. How you act in tense situations, or a system of the body often badly affected by illegal drugs.
10. People who abuse these do it by breathing in the gases of various commercial and household products.
13. It's a life-giving part of the air we breathe, and something that many drugs reduce the body's supply of.
14. Smoking marijuana can cause this, a feeling that people are out to get you.
18. It's when the electricity in your house goes off, or what can happen to a person who takes Rohypnol.

19. It's official name is MDMA, but most people call this drug _____.

Down

1. Caused by certain kinds of drugs, these can be distortions in sights and sounds, like seeing or hearing things that are not real.
2. This prescription drug is used to treat ADHD, but can be dangerous when abused.
3. It's considered the active ingredient in marijuana.
5. Using cocaine can lead to _____ by the police or even cardiac _____.
6. A symptom of taking methamphetamine, it means you can't get to sleep.
7. It's the reason criminals try to sell drugs to kids.
8. It's when the effects of a drug suddenly return days or weeks after a person used the drug.
11. It makes two surfaces stick together, and can lead to brain damage if you sniff it.
12. A roof can do this under the weight of snow, human veins can do it from heroin injections.
15. When people can't stop using a drug no matter how much they want to, they are _____.
16. This "club drug" is so strong that there is a risk of losing muscle control even before a user has finished injecting it.
17. People who abuse methamphetamine or Ritalin might feel like they have these crawling under their skin.

RCADC NEWS



The Pride Questionnaire has undergone continuous development since 1982 and provides reliable and accurate information for monitoring adolescent drug use. Pride Surveys is America's largest survey of adolescent drug use. It is based in Bowling Green, Kentucky (1-800-279-6361). For additional information on national trends, visit the Pride Surveys website at www.pridesurveys.com. This chart shows a comparison between the Pride survey results from 2004 and 2009 in Roane County.




HISTORY OF RCADC

As a result of the overwhelming number of deaths due to drug overdose in Roane County, the Roane County Anti-Drug Coalition (RCADC) was established in April of 2003. The mission of RCADC is to promote community involvement; to educate and raise awareness of alcohol, tobacco and other drug issues; and to strengthen community partnerships and prevention strategies in Roane County.

For more information on the history of RCADC please access our website at www.roaneantidrug.org.

The RCADC is a member of Community Anti-Drug Coalitions of America (CADCA) www.cadca.org

The RCADC is a 501(c) 3 federal tax exempt organization.

Comparison of 2004 and 2009 PRIDE Survey		7th	9th	11th	Total
 = Worse than 2004  = Same as 2004  = Better than 2004		Change: 2004 to 2009			
Age of Onset	Alcohol				
	Marijuana				
	Tobacco				
Frequency of Use (Past 30 days)	Alcohol				
	Marijuana				
	Tobacco				
Perception of Risk	Alcohol				
	Marijuana				
	Tobacco				
Perception of Disapproval by Parents	Alcohol				
	Marijuana				
	Tobacco				

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 **CADCA**® *Building drug-free communities.*